



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

NOW IS THE TIME FOR OYSTER STEW

Now is the time to serve a tempting bowl of steaming hot oyster stew to your family on returning from a football game, a brisk hike, or any typical November outdoor activity. This dish will have special appeal to all and it is so easy to prepare.

Oysters are entirely edible and there is not waste from trimmings. And nutritionally speaking, they are wonderful! An average serving of six oysters will supply more than the daily allowance of iron and copper, about one-half the iodine, and about one-tenth of the needed protein, calcium, magnesium phosphorus, Vitamin A, thiamine, riboflavin, and niacin. To retain the delicate, distinctive flavor of oysters, never cook them too long, just enough to heat them through and leave them plump and tender.

Oyster stew served in a large bowl accompanied by crisp crackers, a jellied fruit salad, and a home baked cake will form the basis for an attractive, delectable, nutritious meal. Here is a recipe for "Oyster Stew" as recommended by the home economists of the Fish and Wildlife Service to serve your family on these chilly autumn days.

OYSTER STEW

1 pint oysters
1/4 cup butter or margarine, melted
1 quart milk
1 1/2 teaspoons salt
Dash pepper
Paprika

Drain oysters. Add oysters to butter and cook for 3 minutes or until edges curl. Add milk, salt, and pepper, and bring almost to boiling point. Garnish with paprika. Serves 6.

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